



Sit, Fit & Fun

Everyone welcome!

Gentle chair-based activity session.
For fitness and friendship.

Wednesday
2:30pm – 3:30pm

This class is held at:
Wrighton Memorial Hall
Silver Street
Wrighton
BS40 5QE

Cost: £4

For more information or to sign up please
call Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

Please check class is running prior to attending

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